

RECIPE BOOK

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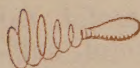
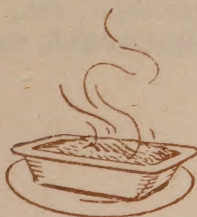


Banner's Barley
FLAKES



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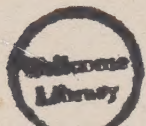
BANNER'S BARLEY FLAKES

have gained steadily in popularity, and earned a permanent place on Britain's pantry shelf. Banner's special milling process produces a unique "whole flake" which takes less time for cooking, and is by far the most acceptable to the housewife for making a large variety of puddings, cookies, biscuits, savouries, etc.

ANDY MEASURES.

1 Level tablespoonful of Butter, Lard, Dripping, Syrup or Sugar equals	...	...	...	...	...	...	...	1 oz.
1 Tablespoonful of Banner's Barley Flakes equals	...	...	...	...	...	...	...	$\frac{1}{2}$ oz.
1 Tablespoonful of Self-Raising Flour or Wheat Flour equals	...	...	...	...	...	...	...	$\frac{1}{2}$ oz.
1 Level teacup of Banner's Barley Flakes equals	...	...	...	...	...	...	...	3 ozs.
1 Level teacup of Castor Sugar equals	...	...	...	...	...	...	...	6 ozs.
1 Level teacup of Butter equals	...	...	...	...	...	...	...	6 ozs.
1 Small teacup of milk equals	...	...	...	...	...	...	...	1 gill
1 Breakfast cup or tumbler equals	...	...	...	...	...	...	...	$\frac{1}{2}$ pint
1 Egg equals	...	...	...	...	...	...	...	about 2 ozs.

In the following recipes one tablespoonful, teaspoonful, etc., indicates a heaped measure. One half-tablespoonful, half-teaspoonful, etc., indicates a level measure.



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SWISS BREAKFAST (FOR FOUR).

4 oz. Banner's Barley Flakes
4 Tablespoonsful Milk
 $\frac{1}{2}$ — $\frac{3}{4}$ lb. grated Apple
1—2 level Tablespoonsful Sugar

Soak the Banner's Barley Flakes overnight in barely enough water to cover. In the morning, beat them up well with the other ingredients. This is a really delicious change from porridge.

PORRIDGE.

1 Cupful of Banner's Barley Flakes to 2 Cupfuls of boiling Water
Add Salt to taste

Simmer slowly for 10-15 minutes. Let down with a little milk or more water and continue to simmer for a further 5-10 minutes.

Fish & Barley Croquettes

*Banner's
Barley*

FLAKES



1 oz. Banner's Barley Flakes
 $\frac{1}{2}$ pint milk
4 oz. flaked cooked fish
1 tablespoonful chopped parsley
Salt and Pepper
A little anchovy essence
(if liked)
Egg and bread-crumbs to coat
A little fat for frying

Cook barley in milk until tender. Add the flaked cooked fish, chopped parsley, seasonings, and a little anchovy essence (if liked). Mix well together, and form into croquettes. Coat with egg and breadcrumbs and fry or bake in a little fat until set and golden brown.

BANNER'S BARLEY FOODS LTD., DUKE ST., STALYBRIDGE, CHESHIRE

BARLEY FLAKE DUMPLINGS.

2 Tablespoonsful Banner's Barley Flakes
4 Tablespoonsful Self-Raising Flour
Pinch of Salt
2 ozs. Fat (Margarine, Suet or Dripping)
Water

Sieve flour, and add salt. Rub in fat, add Banner's Barley Flakes. Mix to a stiff dough with cold water. Form into small balls and put in boiling stew or soup. Cook about 45 minutes.

CHEESE SOUFFLE.

2 oz. Banner's Barley Flakes
3 oz. grated Cheese
Pepper and Salt
1 pint Milk or Household Milk
1 Shell Egg
1 oz. Fat

Place Banner's Barley Flakes in a greased pie dish, heat milk and pour over Banner's Barley Flakes. Add grated cheese, pepper, salt, fat and beaten yolk of egg. Whip white of egg to a stiff froth. Fold in and cook in a slow oven until set.

Barley Milk Pudding

4 Tablespoons Banner's Barley
Flakes
1 Pint of Milk
Pinch of Salt
2 Dessertspoons Sugar, or to taste
Nut of Margarine
Grated Nutmeg

Place Banner's Barley Flakes in
a dish, add the salt, sugar and
margarine, cover with milk.
Sprinkle a little grated nutmeg
on top. Place in a moderate
oven and cook for about 1½ hrs.



**Banner's
Barley
FLAKES**

ALSO TRY BANNER'S BARLEY FLOUR • SEND FOR RECIPE BOOK
BANNER'S BARLEY FOODS, LTD., DUKE STREET, STALYBRIDGE, CHESHIRE



4 ozs. plain flour.
2 ozs. fat.
Pinch of salt.
4 ozs. Banner's Barley Flakes.
 $\frac{1}{2}$ teaspoonful baking powder.
Cold water to mix.

Sieve flour in basin with salt. Rub in fat, add Barley Flakes and baking powder, mix well. Add sufficient water to make a mixture that will drop easily from the spoon, turn into a greased basin, and steam for two hours. For flavouring use jam or golden syrup placed in the bottom of the basin before adding the mixture, or add a handful of dried fruit and a little golden syrup or sugar to the mixture.

**Banner's
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FLAKES**

BANNER'S BARLEY FOODS LTD., DUKE ST., STALYBRIDGE, CHESHIRE

BARLEY FLAKE BISCUITS.

- 4 ozs. *Margarine*
- 3 *Tablespoonsful Self-Raising Flour*
- 2 *Tablespoonsful Banner's Barley Flakes*
- 2 *Tablespoonsful Sugar*
- 1 *Tablespoonful Dried Egg*

Cream sugar and margarine, add flour, Banner's Barley Flakes, egg (dry), and essence. Mix thoroughly to stiff dough. Make little balls and place on baking tray, Bake 30 minutes in slow oven.

BARLEY MACAROONS.

- 1 oz. *Lard*
- 1 oz. *Margarine*
- 2 ozs. *Sugar*
- Small Teaspoonful Syrup*
- 1 *Dessertspoonful Water*
- 2 or 3 drops *Almond Essence*

- 2 oz. *Flour*
- 5 oz. *Banner's Barley Flakes*
- $\frac{1}{4}$ *Teaspoon Bi-Carb.*

Melt first ingredients in a pan, mix together dry ingredients and add all together. Put pieces the size of a walnut on a greased baking sheet and bake in a moderate oven (Regulo 4) about quarter of an hour, until brown.

CHOCOLATE CRUNCHIES.

- 1 oz. Plain Chocolate
- 1 oz. Banner's Barley Flakes
- 1 Teaspoonful Milk

Place chocolate and milk in a basin over boiling water. When melted, stir in Banner's Barley Flakes and form into small balls and put on a plate to dry.

BARLEY LAYER CAKE.

- 6 ozs. Self Raising Flour or 6 ozs. Plain Flour and $1\frac{1}{2}$ Teaspoonsful Baking Powder.
- $\frac{1}{2}$ Teaspoon Salt
- 3 ozs. Sugar
- 3 ozs. Cooking Fat or Margarine
- 3 ozs. Banner's Barley Flakes
- Milk or Water to mix
- 2 Tablespoonsful Jam

Sift together the self-raising flour (or plain flour and baking powder), salt and 2 ozs. of the sugar. Rub in the fat finely. Add the Banner's Barley Flakes, and mix to a stiff dough with milk or water. Place half the mixture on a greased baking sheet, shaping into a round. Cover with jam and place the rest of the mixture on top. Sprinkle with the remaining 1 oz. sugar, and bake in a hot oven (420° F. to 450° F.) for 20 minutes then lower the heat and allow to cook through—about 45 minutes in all.



Meals without Milk

CRUNCHY BARLEY FLAKE BISCUITS



**Banner's
Barley
FLAKES**

- $\frac{1}{2}$ lb. Margarine
- $\frac{1}{2}$ lb. Self Raising Flour
- $\frac{1}{2}$ lb. Banner's Barley Flakes
- $\frac{1}{2}$ lb. Sugar
- $\frac{1}{2}$ Teaspoon Bi-carb.
- $\frac{1}{2}$ Teaspoon Salt
- $\frac{1}{2}$ Large Tablespoon Syrup
- $\frac{1}{2}$ Tablespoon Warm Water

Mix flakes, flour, salt and sugar in basin. Put margarine and syrup in a pan to melt. Dissolve bi-carb. in water, add to warm syrup and margarine. Pour warm mixture into dry ingredients and put small spoonfuls on well greased tins, bake fairly quickly.

SEND 1d. STAMPED ADDRESSED ENVELOPE FOR BARLEY FLOUR RECIPE BOOK
BANNER'S BARLEY FOODS LTD., DUKE STREET, STALYBRIDGE, CHESHIRE.

BARLEY BROWNIES. (Takes no sugar no fat)

1 15 oz. can Sweetened Condensed Milk	9 ozs. of Banner's Barley Flakes
Pinch of Salt	3 ozs. of Sultanas
1 Tablespoonful of Syrup	A few drops of Vanilla Essence

Blend the above ingredients thoroughly. Spread the mixture in a greased 8 x 12 inch tin. Bake in a moderate oven for 20 minutes or until set. Mark into squares and, when cool, remove from tin and cut into squares. This makes 24 Brownies.

CHOCOLATE CAKE.

1 oz. Margarine	3 Dessertspoonsful Cocoa
1 oz. Sugar	1 Dessertspoonful Dried Egg (reconstituted)
1 Dessertspoonful Syrup	3 oz. Broken Biscuits
3 Dessertspoonsful Dried Milk	3 ozs. Banner's Barley Flakes

Melt margarine and sugar and then add in the following order. Syrup, dried milk, cocoa, reconstituted dried egg and essence. Add the biscuits (broken to the size of a threepenny bit) and the Banner's Barley Flakes, mix together lightly until chocolatey. Place in a tin and press firmly.

CHOCOLATE ICING FOR ABOVE

1 Dessertspoonful Cocoa. 1 Dessertspoonful Dried Milk. 1 Dessertspoonful Sugar.

Mix together with a little boiling water until smooth and spread on cake. When thoroughly set, cut into squares.

Banner's Barley

FLAKES

Chocolate
Barley
Cookies



BE SURE
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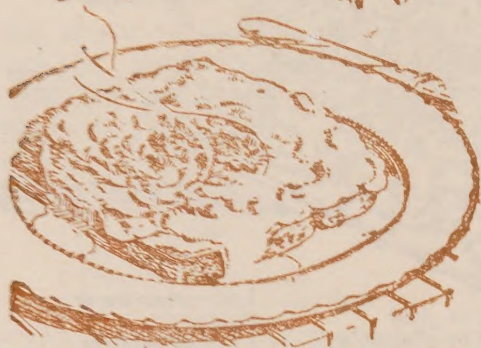
2 oz. flour
1 oz. Banner's
Barley Flakes.
 $\frac{1}{2}$ oz. cocoa.
1 oz. sugar.

1 oz. margarine or
cooking fat.
1 to 2 tablespoons
boiling water.
Few drops vanilla essence.
Pinch of bicarbonate of soda

Mix together dry ingredients. Melt the fat, add 1 tablespoonful of boiling water, a few drops of vanilla essence; stir into the dry ingredients, add more boiling water if necessary to bind. Form into a roll, set aside to cool. Cut into rounds $\frac{1}{2}$ in. thick, and place on a greased baking sheet. Bake in a moderately hot oven (375°F.) for about 15 minutes.

BANNER'S BARLEY FOODS LTD., DUKE ST., STALYBRIDGE, CHESHIRE

Welsh Rarebit



2 Tablespoons Banner's Barley Flakes
2 Tablespoons Grated Cheese
1 Tablespoon Dried Egg
 $\frac{1}{2}$ cup Milk, $\frac{1}{2}$ cup Water
Pinch of Salt

Put Banner's Barley Flakes in a pan with the salt and water, bring to the boil and simmer for five minutes.

Add the milk and cheese, stir well. Lastly—add reconstituted egg and stir until thick and creamy.

Place on piece of toast and put under griller to brown.

**Banner's
Barley
FLAKES**

YOU MUST ALSO TRY



[Banner's Barley Flour is just 100% pure British Barley. It is unflavoured and unadulterated in any way ; it can and should be given any flavour the palate may fancy. It is an ideal supplement to a milk diet for both infants and invalids—it imparts to the milk an agreeable smoothness and palatability and helps the body to derive the maximum benefit from the valuable proteins contained therein.

BANNER'S BARLEY FOODS LIMITED

DUKE ST., STALYBRIDGE, CHESHIRE

B APRIL 20 1948